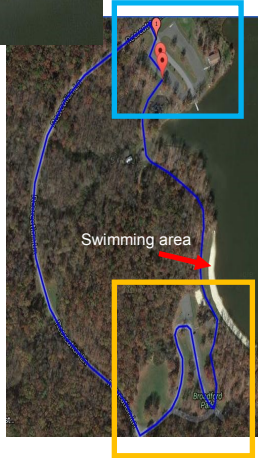


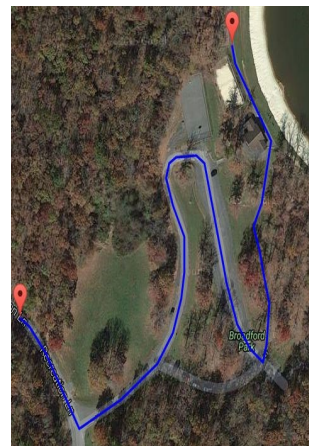
## Broadford Park



This is an enlargement of the area in the blue box. The walk begins at the boat launch area.



The entire walk = 1



This is the area in the yellow box enlarged - the walk by the swimming area. Veer to the right past the building then to the left in a diagonal path through the picnic area to the parking lot (do not go up the stairs). Turn right in the parking lot and follow the road back to the main road into the park. Turn right at the top of the hill.

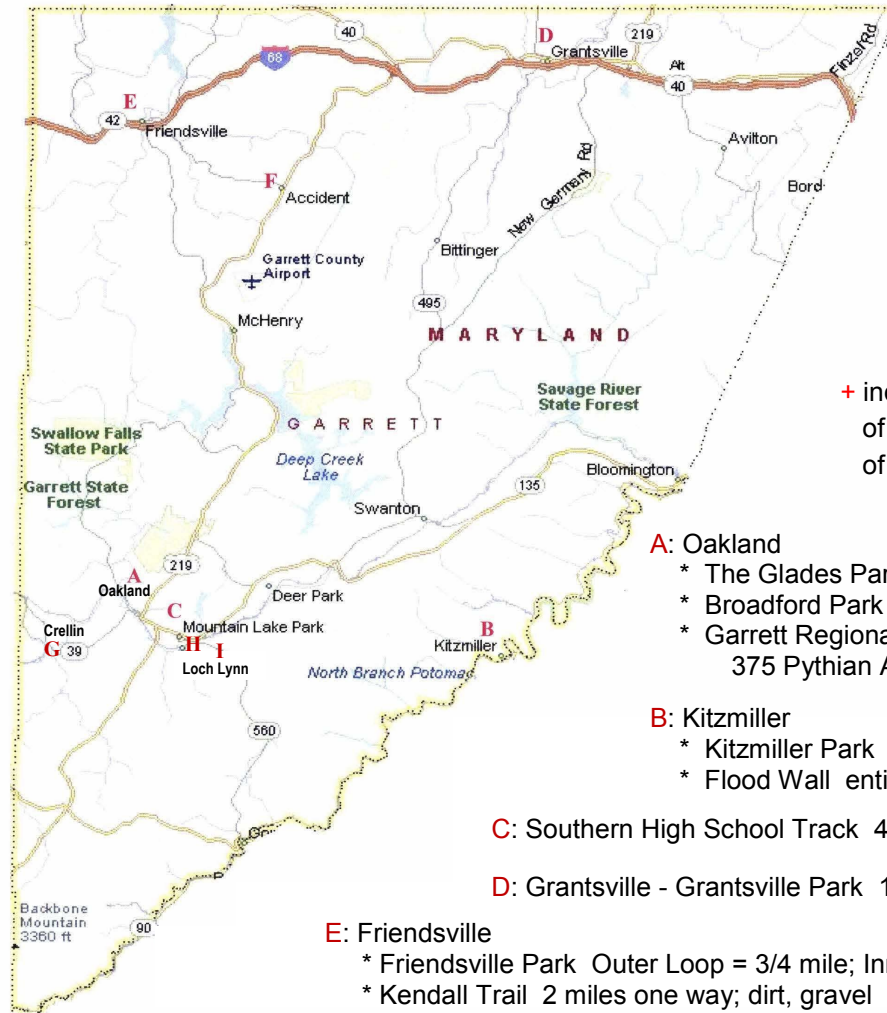
# Walk Garrett



Garrett County Health Department  
Health Education and Outreach  
301-334-7730



## Walk Your Way To Better Health Walk Garrett



+ indicates further explanation of the trail is on another part of this brochure

**A: Oakland**  
\* The Glades Park 1 loop = 1 mile; paved  
\* Broadford Park 1 loop = 1 mile; paved +  
\* Garrett Regional Medical Center Fitness Trail 375 Pythian Ave 2 loops = 1 mile; grass

**B: Kitzmiller**  
\* Kitzmiller Park 3 loops = 1 mile; paved  
\* Flood Wall entire wall = 1 mile; paved +

**C: Southern High School Track** 4 laps = 1 mile; paved

**D: Grantsville - Grantsville Park** 1 loop = 1/2 mile; paved

**E: Friendsville**  
\* Friendsville Park Outer Loop = 3/4 mile; Inner Loop = 1/4 mile; paved  
\* Kendall Trail 2 miles one way; dirt, gravel

**F: Accident**  
\* Flowery Vale Senior Center to Drane House 1 mile (up & back = 2 miles); paved  
\* Accident Town Park East 4 laps = 1 mile; paved  
\* Northern High School Track 4 laps = 1 mile; paved

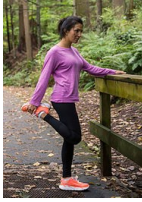
**G: Crellin - Crellin Elementary School** Loop = 1/4 mile; boardwalk, gravel  
The loop starts at the playground behind the school

**H: Mountain Lake Park - Wooddell Park, Allegany Drive** 3 laps = 1 mile; paved

**I: Loch Lynn Heights - Perimeter of the sport fields next to Town Hall** 1 mile; paved, boardwalk +

# Walk Garrett

## Eating Better & Moving More



### Safe Exercise

Exercising will help you stay healthy, so don't get hurt doing it! When people start to exercise, they often push their bodies too far. The more exercise you do, the higher your risk of overuse and traumatic injuries. Moderation is the key to safe exercise. Don't try to do too much, too soon. Always start slowly and gradually build up speed, force and intensity.

### Safe Exercise Guidelines

- Always use proper gear. Replace your athletic shoes as they wear out. Wear comfortable, loose-fitting clothes that let you move freely and are light enough to release your body heat. When you exercise in cold weather, dress in removable layers.

- Warm up to prepare your body to exercise, even before you stretch. Run in place for a few minutes, breathe slowly and deeply or gently rehearse the motions of the exercise to follow. Warming up increases your heart and blood flow rates and loosens up other muscles, tendons, ligaments and joints you'll use in exercise.
- Begin your stretches slowly and carefully until you reach a point of muscle tension. Hold each stretch for 10-20 seconds, then slowly and carefully release it. Inhale before you stretch and exhale as you release. Do each stretch only once. Never stretch to the point of pain, always maintain control and never bounce on a muscle that's fully stretched.
- Take your time when you exercise. Move through the full range of motion with each repetition. Breathe regularly to help lower your blood pressure and increase blood supply to the brain.
- Drink enough water to prevent dehydration, heat exhaustion and heat stroke. Drink one pint of water about 15 minutes before you start exercising and another pint after you cool down. Have a drink of water every 20 minutes or so while you exercise.
- Make cooling down the final phase of your exercise routine. It should take twice as long as your warm up. Slow your motions and lessen the intensity of your movements for at least 10 minutes before you stop completely. By the time you're done cooling down, your skin is dry and you've "cooled down".
- Schedule regular days off from exercise and rest when you're tired.

- If you are recovering from a recent injury or surgery or have a chronic condition, you may want to see your doctor before beginning a walking program. You may be able to withstand the low stress effort of walking without aggravating your condition. Walking has helped many people find relief from arthritis and back pain.

### Loch Lynn Heights Sport Fields



This is an enlargement of the area in the yellow box - the Lookout Path.

### Trail Information

**Broadford Park:** Start at the boat launch area. A paved path by the playground equipment is marked 'Begin Measured Walking Course'. Follow this paved path to the swimming area. Veer to the right past the building then to the left in a diagonal path through the picnic area to the parking lot (do not go up the stairs). Turn right in the parking lot and follow the road back to the main road into the park. Turn right at the top of the hill to head back to your starting point. This is 1 mile. (Please see the map on the back of this brochure)

**Kitzmiller Flood Wall:** Start at the school parking lot. Walk up to the paved flood wall path. Follow this path across the main road to the end of the pavement. Walking the entire wall is 1 mile. The second bench marks the 1/2 mile point.

**Loch Lynn Heights sport fields:** There is a 'lookout' area with a bench along the back of the sport fields with a short boardwalk leading to it. This will be called the Lookout Path. Start at any point on the paved track around the perimeter of the fields. When you reach the Lookout Path, walk up the boardwalk, around the bench and back down to the track, then repeat a second time - back up the boardwalk, around the bench and back down to the track. Then continue back on the track, ending at your starting point. This is 1 mile. (Please see the map on the left)